



# ICIM NEWS

DECEMBER 2007

## STUDENT AWARD - Jennifer Fitzgerald, Nutrition Year 3, Cork.

Congratulations to Jennifer... who has been nominated for the student award for her outstanding performance in the student nutritional therapy clinic. Jennifer's competence and professionalism was recognised by her class, her patient and supervising practitioner.

### INSIDE THIS ISSUE:

STUDENT OF THE MONTH	1
DIRECTORS INTRODUCTION	1
SUPER FOODS: CRUCIFEROUS VEGETABLES	2
BOOK REVIEW: ORCHID BOOKS	3
KICK START YOUR CAREER	4

### RUTH CLOHERTY - DIRECTOR, ICIM

#### ICIM is evolving as a Conscious Organisation

Some of you may be aware that ICIM has been subject to a smear campaign from another training provider. While this type of activity reflects badly on the organisation in question it also reflects badly on Complementary & Alternative Medicine (CAM) as a whole.



At a time when we would be wise to act and communicate with integrity and show a united front to the Department of Health & Children (DOHC), they have chosen to do otherwise. CAM requires compassion and an acceptance of other people.

I suppose this is why those of us brought up as Christians delight in celebrating the birth of Jesus Christ. The second coming may be the birth of Christ in all of us. I know I'd rather concentrate on manifesting love and compassion in my life. This of course is not confined to Christianity. Love and compassion, which are the same, are at the heart of all true religion.

I hope that you all know the joy of loving others, as your self, in every moment of your career as a Health Practitioner & Therapist.

#### ICIM Going Green

The ICIM has introduced a green policy which will substantially reduce the amount of paper, toner and non renewable fuel resources that we use unnecessarily. We intend to lower our impact on the environment by only using what we need. While this policy will force us into new ways of operating it will be worth it. Our health & wellbeing and that of our children relies on each of us living in harmony with our planet and only taking what we need. By doing this there will be an abundance for all of us. Trusting in Life to provide for us and to guide us is a creative state. If we do that we may well find we are not judging events and other people as we may have done before. Who's to say that it is not all perfect! Acceptance is the key to freedom and happiness.

#### Update on Accreditation

On a practical front we are now actively in negotiation with HETAC and will be working towards stage 1 of academic accreditation for the remainder of this course year.

The Nutritional Therapists of Ireland (NTOI) is now holding the Irish Register of Nutritional Therapists. A representative from NTOI should have been to talk to all nutrition students. Please do take the opportunity to join the NTOI now. They are working hard to build the foundation for your profession.

It seems that TCMCI are keen to invite all acupuncture schools to apply for accreditation with them and have rescinded all previous accreditation. There are currently no independently accredited schools in Ireland. We will be one of the first in-line when they have re-established a working Education & Accreditation Committee.

Continued on Page 2

SUPER FOODS  
- BY SUZANNE  
LAURIE  
CRUCIFEROUS  
VEGETABLES



The vegetables known as 'cruciferous vegetables' include broccoli, brussel sprouts, cabbage, cauliflower, chard, kale, mustard greens and turnips and many nutritionists believe they reign supreme in the vegetable Kingdom for their health enhancing properties. Recent research has shown cruciferous vegetables to have the potential to prevent many chronic diseases, including some cancers. This is not only due to their impressive levels of vitamin C, beta carotene, calcium and fibre but also because of the rich array of phytochemicals (compounds only found in plants) they contain, which offer protection against certain cancers and heart disease. One portion of broccoli alone contains over 200% of our daily recommended requirement of vitamin C, more calcium than a glass of milk and over 15% of our vitamin A requirement.

### Spicy Broccoli

#### **Ingredients:**

1 garlic clove, minced

Pinch of crushed red pepper flakes or 1/2 tsp of chilli powder

Juice of half a lemon

2 tablespoons of olive or oil

1 large bunch of fresh broccoli, cut into florets (approx 3 1/2 cups)

#### **Method:**

In a wok or large frying pan, sauté the garlic and pepper flakes in oil. Add broccoli and lemon juice, toss to coat the broccoli. Sauté for approx 8 minutes or until crisp yet tender. Season with salt and pepper.

#### **Checklist:**

Contains : fibre, beta carotene, vitamin C, vitamins B1, B2, B3, B6, potassium, calcium, folic acid, zinc and iron

May reduce the risk of : cancer, heart disease, osteoporosis, glaucoma

Aim to eat : 5 portions per week

Serving suggestions : raw, steamed, stir fried, blanched

#### **Continued from Page 1**

ICIM will be maintaining our Professional Register so that all ICIM Graduates will be able to be a Member of the Institute for a nominal fee as well as benefit from our Group Insurance Scheme. We do however strongly advise that all our graduates also join the relevant independent professional bodies. A formally united profession will carry more weight.

#### **Attention All 2nd Years**

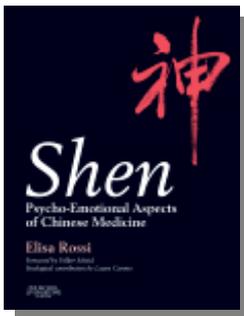
As the 3rd year students already know and the 1st years are yet to discover, 2nd year is very challenging. It is hard work and you may start to wonder why you ever enrolled on the course. It does get better and all the hard work is worth it; speak to any 3rd year. My advice is close your books, put your feet up, and have a break from study over the holiday. I wish you Joy & Peace this Christmas, may the Light of the world shine forth from you. **Happy Christmas**

# THE PRACTICE OF CHINESE MEDICINE, 2ND EDITION

THE TREATMENT OF DISEASES WITH ACUPUNCTURE AND CHINESE  
HERBS

(GIOVANNI MACIOCIA)

RELATED TITLE



“Shen” explores psycho-emotional disorders from the perspective of Chinese Medicine.

The Author



Giovanni Maciocia, Cac (Nanjing) is one of the best known and most highly respected practitioners and teachers in the West today,

After graduating from the University of Nanjing, G. Maciocia established his practice in England, where he has been operating for the last 33 years.

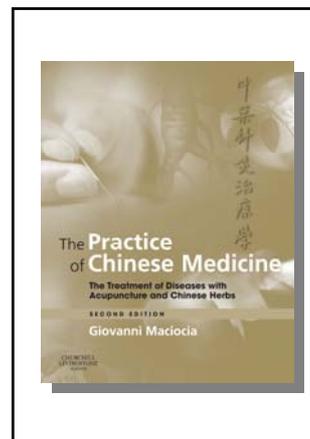
He lectures throughout Europe and the USA, and is Honorary Professor at the University of Traditional Chinese Medicine, Nanjing

The new edition of this popular clinical text describes the application of traditional Chinese medical theory to the diagnosis and treatment of up to 48 diseases, conditions and disorders. In addition to the existing 34 covered in the first edition, 14 new conditions and symptoms have been added, and these include common, chronic and acute conditions which clinicians may see in their practice. Each chapter contains: aetiology and pathology differential diagnosis according to TCM selection of treatments with acupuncture and herbs, with explanation of choices case studies for illustration summary of Western differential diagnosis discussion of prognosis and prevention

This book again brings the enormous wealth of the author's experience, and his insights in applying TCM medicine to a Western context, to the support of all clinicians whatever their own range of experiences.

The book discusses the treatment of 48 common disease

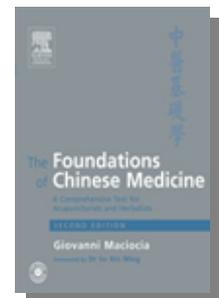
symptoms, some being Chinese medical "disease-symptoms" (such as "Headache" or "Abdominal Pain") and some being modern bio-medically defined disease, (multiple sclerosis, asthma, allergic rhinitis and sinusitis). Four of the diseases discussed appear for the first time in a Chinese medical textbook, i.e. asthma, allergic rhinitis, ME and multiple sclerosis. For each disease,



the exposition includes identification of patterns, treatment of each pattern with acupuncture and Chinese herbs, prognosis, and the Western medical differential diagnosis linking Western

and Chinese symptomatology. A particular feature of the book is a lengthy appendix discussing the principles of combination of points in a detailed and innovative way. The chapter on mental-emotional problems (the longest one) discusses the diagnosis, pathology and treatment of mental-emotional problems proposing a new classification of problems due to Mind Obstructed, Mind Unsettled and Mind Weakened; it also discusses in detail the nature of Shen, Hun, Po, Yi and Zhi.

RELATED TITLE



The companion book to “The Practice of Chinese Medicine”



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# Kick-start Your Career!

## - *Stephanie Choularton*

If you are a student at ICIM it may be safely assumed that you have an interest in natural health. It may even be your passion. If you had a passion for sports, it would be normal to pursue this interest by actively participating, attending games and reading news reports about the match. A passion for natural health is no different. During your studies at ICIM, you are provided with the knowledge to help build a solid foundation in this field but one might say that it is after you graduate that the real learning begins.

Colleges teach information according to syllabi; oftentimes these syllabi are determined by associations and professional bodies. There is a lot of information presented to you and at times you may feel that your brain is bursting at the seams. I would encourage you to acknowledge that of the information that exists about natural medicine, any one course can only present a tiny percentage. How then, do you fill in blanks???

Here are a few ideas:

- Attend seminars and lectures – both independent presentations and those run by supplement companies
- Subscribe to medical journals and magazines – both orthodox and complementary
- Form a study group or case analysis group – this is useful both as students and in your first few years of practice, to go over tricky cases and concepts.
- If you have a specific interest that you intend to specialise in, start pursuing it now rather than waiting until you graduate
- Get a job or volunteer in the industry e.g. in a health food shop, clinic or specific support group
- Volunteer to give presentations or write articles for groups in your community
- Observe different practitioners in their own practice

If you think you have no time for these things due to study commitments, look at your time management skills – lives are busy things but graduating does not necessarily mean that you will end up with more time.

Remember the ultimate goal of your course. If you intend to practice as a therapist, you will be making decisions about people's health. If you get 75% in your exam, there is still 25% that you didn't know. Rather than studying to achieve a number, study to achieve the best possible results for your future patients.

The huge amount of research being done in nutrition and TCM around the world means that you will be learning for the rest of your career. Aim high, read widely and remember that formal education is not the only education. It is a small start. Take the responsibility of your future career into your own hands – and run with it towards success and good health.

**INSTITUTE OF  
COMPLEMENTARY &  
INTEGRATED MEDICINE**

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**“ D E V E L O P I N G   H E A L T H I E R   C A R E E R S ”**